

# A Digital World: Youth, Social Media, Sexualized Content, & Mental Health

Shape the Sky's training is designed for adults and led by licensed counselor and founder of Shape the Sky, Ryan Klingensmith. The goal of this presentation is to help adults educate children about creating a responsible image in the digital world.

Adults have the wisdom and experience to be responsible online, but they may not be aware of the latest social media trends and the negative effects of social media. We'll provide you with the most up-to-date information regarding the current digital climate, so you know what to look for and how to ensure children are using smartphones and devices Responsibly



## Topics Include:

- \* TikTok, Snapchat & Instagram
- \* Cyberbullying resources
- \* Common mistakes made by youth
- \* Mental health concerns on popular social media apps
- \* Prevention steps
- \* Monitoring services
- \* Using a Technology Contract
- \* Sexualized content online
- \* Drug content on popular apps
- \* Access to online resources
- \* How to set expectations

WHEN	TIME	LOCATION

## About Shape The Sky:

Shape the Sky's Founder, Ryan Klingensmith, is a parent and licensed counselor who works regularly with K-12 kids. Through his work, he gains first-hand experience of how social media can impact kids' and teenagers' mental health. His expertise and experience allow Shape the Sky to provide relevant, reliable information.

**"Kids have the knowledge to use the technology, but sometimes lack the wisdom to use it. Adults have the wisdom to use the technology, but sometimes lack the knowledge to use it. My goal is to connect knowledge with wisdom."**

**-Founder Ryan Klingensmith**

